

# LivingWell



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## Taking It to the Next Level

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# Director's Corner

As we begin this new year, this issue of our magazine provides examples of many who have found ways to be involved, creative or helpful as they moved into the next stages of their lives. Our cover story shares the story of someone for whom the word retirement means moving on to the next project that makes a difference for many.


Some have found the opportunity to begin or expand on artistic talents. Having had personal experience as a caregiver, I was pleased to see many articles about caregiving included in this issue. Former First Lady Rosalind Carter said, "There are only four kinds of people in the world – those who

have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers."

It's the time of year when we prepare our taxes. Page 19 tells when and where trained AARP volunteers can help. You may qualify for a Homestead Tax Exemption. Read our story on page 33. There are many events occurring this winter. Read about them in Aging Partners News and Events and join in the fun.

I want to take an opportunity to acknowledge and thank our advertisers, without whom we could not provide this magazine. We appreciate your support. To those of you who have

sent checks for subscriptions, we are grateful.

To those who remembered us with a donation that will support the work we do, know your dollars will be used wisely and are much appreciated. 



*June Pederson*

June Pederson, Director, Aging Partners

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Among Delores Lintel's many talents, she is a host on Live & Learn — the longest running television show on 5 City-TV — where she presents topics of interest to area older adults. Photo by Zoe Olson.

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This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of Aging Partners. Contents may be reproduced with credit to the magazine.

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# Carlson Keeps Transit Passengers Safe, Connected

**L**ancaster County Public Rural Transit passengers can count on new driver Kendall Carlson to get them safely from point A to point B.

Every morning after 8 a.m., he picks up his first rider. He pulls up as close as he can to the curb to provide a safe walkway to the bus. He places a step stool on the ground to ease the climb up to the bus stairs. Taking their hand, he helps them into the bus. People with walkers leave them with him to be folded and stored in the back of the bus.

Once Carlson climbs back onto the bus and closes the passenger door, his eyes and ears are focused on the road. He refrains from conversing with passengers to maintain concentration.

"I'm careful taking corners and drive safely," he said.

Between stops, Carlson ensures his passengers are comfortable, asking if the bus is too warm or cold.

"The goal, whether driving rural routes or in town, always is their safety and comfort," he said.

Once passengers arrive to their final destination, Carlson opens the door and places the step stool on the ground again. He then retrieves and unfolds walkers and helps passengers out one by one.

Being a driver for rural transit is a rewarding experience for Carlson because of the bonds he forms with his passengers.

"You work with the same people every day, so they get to know you and you get to know them," he said. "You learn their background and other things about them. It's almost



*Kendall Carlson is one of Lancaster County Public Rural Transit's newest drivers.*

like you become an extension of their family."

Before Carlson moved to rural transit, he drove in town, transporting passengers to and from the Lake Street Senior Center and Asian Community and Cultural Center. Once everyone made it safely inside the senior center, he often joined in on their activities, especially the group's favorite card game, pitch. Interacting one on one with his passengers throughout their three- to four-hour stay at the center solidified their bonds.

Like other transit drivers, Carlson has a deep understanding and appreciation for the senior years. Not only does this knowledge come from entering them himself, but from living with his grandmother as a child. She lived on the upper floor of their three-story house while he and his parents lived on the main floor. He spent much of his childhood upstairs with his grandmother.

"It was a meaningful learning experience for me and a relationship I treasure," he said. "It gave me

**I provide a safe way  
for them to come to  
the senior center to have a  
good time."**

*– Kendall Carlson*

an appreciation for the earlier generation."

That compassion followed him to his involvement with his church, where the congregation is primarily older adults. He and his wife, Sandy, voluntarily transport those who can't drive to services and other church activities.

Most importantly, Carlson became a transit driver because he wanted to help the earlier generation maintain their independence.

"If an older adult is homebound, life can get pretty boring," he said. "It's nice to bring them to a safe, warm environment where everyone understands the joys and challenges of being an older citizen. I provide a safe way for them to come to the senior center to have a good time." **LW**



# Vandenack Shares Her Talent

**E**xpert weaver Sharon Vandenack has graced the Lincoln community with her creativity and extraordinary craftsmanship for nearly half a century.

She is a member of the Lincoln Hand Weaver's Guild and an associate member of the Burkholder Project, located in Lincoln's Haymarket District. In her lifetime, she has woven more than 100 rugs, tapestries, wall hangings, coats and much more. She has created several pieces for local competitions, on commission or as donations.

"Although weaving isn't a skill that pays the bills, it has pretty much become my profession," Vandenack said.

## Learning Her Craft

Her passion for weaving and spinning began shortly after graduating from the University of Nebraska-Lincoln with a bachelor's degree in fine arts. Her husband, who was in the Air Force at the time, returned from Spain with a small spinning wheel, suggesting she learn how to spin so she could make her own clothes. Finding no spinning lessons in the area, she instead took weaving lessons at the YWCA and was instantly hooked.

Vandenack's first projects were far from perfect, but her talent slowly grew through time with dedication and practice.

"When I was learning how to weave, I made placemats," she said. "They were plaid, and none of the plaids matched or were the same lengths."

Several years later when she and her family briefly moved to California, Vandenack learned to spin by joining a weaving group that dabbled in the art.



*Sharon Vandenack, local artist, is known throughout the community for her extraordinary weaving and spinning skills.*

"I met a lady who made a bedspread out of hand-spun thread and thought I wanted to do that, too," she said. "I never did though, but at least I learned to spin."

In addition to spinning and weaving, Vandenack also can dye her own yarn. After her basement flooded, it ruined most of her yarn and forced her to get rid of the stove she used for dyeing. As a result, she hasn't dyed yarn for some time, but hopes to pick it up again one day.

## The Tools and Skills Required


A small four-harness loom was the first Vandenack purchased. She now owns three. She also has two spinning wheels, including the one her husband gave her.

The first step in weaving is making a plan. Vandenack envisions a design, collects the proper thread needed to complete the project, then threads the loom. Just like spinning and dyeing, the process requires significant math skills. She must calculate the amount of yarn needed for a particular design. Even a slight

variance in length could ruin her masterpiece.

Most weaving projects take at least a month to dye the yarn, thread the loom and plan the pattern. A simple blanket could take several months to more than a year to complete. The process is time consuming, but worth it in Vandenack's eyes.

Although the basic skills of weaving and spinning are those used in any basic art form, patience and a creative mind are key, Vandenack said.

"You have to be able to see a blank page and come up with something to put on it," she said. "Once you thread the loom, it's just a matter of weaving. Changing your mind midway through weaving for one reason or another can be dangerous, because you're not seeing the whole piece as you are on an easel. You might make a change that looks good in one area, but find out later it doesn't work in the whole composition." 

# Stay Creative with Stained Glass

**R**arely does a hobby attract such a wide range of ages and skill levels as the diverse, versatile art of stained glass.

With so many different colors, shapes and styles from which to choose, making a stained glass creation is anything but boring. Craftspeople set their own skill level with every project by using various methods to create their colorful glass object, which makes it a perfect hobby for older adults. Precision and stable hands make a project cleaner, but are not necessary for the craft. Significant strength isn't required when making a stained glass piece, especially when making a simple mosaic.

The only skill required in working with stained glass is patience, according to Rod Scott, owner of Architectural Glassarts at 4025 S. 48th St.

"Patience is 90 percent of it," he said. "You can put the glass pieces together as quickly as you like or take your time with every minute detail. It's up to the person."

## Learning the Art

The basics of stained glass are not difficult, but mastery of the techniques usually requires taking a beginners' class from a qualified professional. In these classes, participants learn to cut glass and the various methods of grinding glass to fit a design. Although this may sound dangerous, it actually is quite safe. When cutting or grinding, craftspeople always are encouraged to wear safety glasses to protect their eyes.

"Danger-wise, working with stained glass is in the nature of paper cuts," Scott said.

Choosing the proper glass for the type of project an individual wants to create must also be taught.

Craftspeople can make their stained glass piece through one of three methods: fusing, copper foil or lead.

Fusing is the easiest method for making stained glass because it doesn't require the level of precision the other methods do, Scott said. This often is the best method for older adults, especially those with shaky hands or vision challenges. Once craftspeople cut the glass, he or she lays it out into a desired design and places it in a kiln for 24 hours. Although most don't have a kiln in their own homes for this method, many businesses with a kiln such as Architectural Glassarts allow visitors to use theirs for a small fee. Fusing also is used for making glass jewelry.

Copper foil is another easy method for stained glass projects. Scott recommends beginners use copper foil in their first stained glass projects just as he did when he picked up the art. With this method, craftspeople wrap the edges of their glass pieces with copper foil and solder them together. This is best method to use for intricate designs such as flowers or birds.

The lead method is used to create more traditional style stained glass windows. The glass is cut to leave a larger gap between the pieces of the design. Unlike copper foil, only the joints between glass pieces are soldered. Scott estimates that 90 to 95 percent of the professional pieces he and his team make at his business are lead.

Once craftspeople have mastered the basics, they can craft flowers, butterflies and other similar designs into small rectangular pieces to hang in windows.



*Architectural Glassarts' employee Andrew Scott prepares stained-glass windows before installing them at American Lutheran Church in Fairbury, Neb.*

## Don't Give Up!

Scott has more than 30 years of stained glass experience. Although most of his work involves crafting stained glass windows for churches within a 500-mile radius of Lincoln, his career began as a hobby. He admits his first project was horrible. Most people who pick up the art will have a similar experience with their first piece, but he encourages people to not let that deter them from continuing with it.

"It's like when you begin to color — you're a little messy," he said. "It gets better with time and practice." **LW**



# About the Artist


**R**od Scott has owned Architectural Glassarts since 2005. He was inspired to begin working with stained glass in the 1970s when his brother made his first stained glass piece.

"I thought if he could do it, I could do it," he said.

One of the first pieces Scott made was a 16-by-80-inch stained glass window for his accountant. In August 1980, he was offered a job with an Omaha stained glass business. He accepted it, knowing that if he failed, he could return to designing homes in the spring. He quickly learned he had a knack for the art.

The highlight of his career came when he was asked to create stained glass windows for a church in Benclare, S.D., founded by his great-grandfather. One window was crafted specifically in his honor.

Scott has worked for himself the majority of his time in the stained glass industry. To him, his work feels more like a hobby than a career.

"I love working with glass," he said. "If I could afford it, I'd shut the doors and do this all day long for myself." 



*Rod Scott, Architectural Glassarts owner, continues to make his passion for stained glass a career.*



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# Students Learn from Patients at Health Center

**W**hen older adults in the Lincoln area visit the Aging Partners Senior Health Promotion Center, they're not only furthering their health and education, they're contributing to the future of health care professionals.

The center is an integral part of the gerontological nursing program at the University of Nebraska Medical Center. Undergraduate and graduate students in this program provide patient care under the supervision of Rita Antonson, geriatric nurse

practitioner and clinical instructor. A critical part of their education is the real-world experience they gain from serving older adults most Wednesdays and Thursdays from 9:30 a.m. to 1:30 p.m.

"You can read your textbook all day, but you have to get some clinical experience before beginning your career," said Krystal Hays, RN and UNMC graduate nursing student.

## How the Students Benefit

Through hands-on experience, undergraduate students learn about health assessments, pharmacology, geriatric nursing care and more. Every semester, a graduate student completes a health history project on an older adult volunteer.

Although the student group changes each semester, the level of care and the learning opportunity remains constant.



*Earl Fulliton is pleased with the foot care service he receives by Leah Bradford, nursing student.*

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“It’s reciprocity,” Antonson said. “Adults are giving back just by being here. We thank our clients for agreeing to have a student work with them.”

Antonson said the most important thing students learn is communication skills. By practicing conversing with those who visit the center, they are learning how to treat older adults as people and not merely as a patient.

Working with these patients prepares the students for working with the older population in their careers.

“More and more of the population will become older adults in the coming years, so this experience helps prepare us for when we see more of this age group when we’re working,” said Whitney Ruybalid, UNMC undergraduate nursing student.

### How the Patients Benefit

When adults visit the center, they can receive blood glucose, cholesterol and bone density screenings along with foot care. While receiving foot care, a student will sit with the patient to discuss their health history and provide accountability for lifestyle changes such as diet, exercise and medication.

The students providing nursing care at the center feel they have something to offer previous generations because there may be newer information or research on a topic the patient learned about growing up, said Claire Valder, UNMC undergraduate nursing student. For example, much of today’s older adult population wasn’t taught the importance of regular



*Nursing students under the supervision of Rita Antonson, geriatric nurse practitioner and clinical instructor, are a sampling of some of the friendly faces clients see when they come to the Aging Partners Senior Health Promotion Center in the Downtown Senior Center.*



**It’s reciprocity. Adults are giving back just by being here. We thank our clients for agreeing to have a student work with them.”**

*– Rita Antonson*

aerobic exercise and strength training.


When visiting their primary care provider, an older adult may feel rushed and not have time to ask all their questions. Students can take their time with their patients to answer these. If they don’t know the answer, they will look up the information, which further increases their knowledge for the next patient who asks the same question.

“It’s always good to have more than one health care provider thinking about you,” Antonson said.

The center also provides fellowship and conversation. The students enjoy listening to

their patients’ stories about their families and life experiences.

Having someone to talk to not only improves the patient’s mood, but it is an opportunity to impart wisdom to the younger generation.

“It’s a fun environment,” Hays said. “It’s not like they’re at the doctor’s office because they’re ill. They’re here because they want to stay healthy. It’s a valuable service all the way around.” 

## Stepping On Program Set in Motion

**A**ging Partners aims to significantly reduce the number of falls in the Lincoln area through a grant from the Community Health Endowment of Lincoln to implement the innovative, evidence-based program Stepping On — Building Confidence and Reducing Falls.

The Lincoln-Lancaster County Health Department Injury Prevention Committee applied for the grant in response to 2010 local hospital discharge data that showed fall-related injuries in the age 65 and older population resulted in 1,440 emergency room visits with charges of \$4,255,941, and 519 admissions resulting in charges of \$15,266,698. This does not include other costs such as physical therapy, visits to physicians and home health services.

“The committee decided that this program would be the best fit for the Lincoln area,” said Peggy Apthorpe, Aging Partners Health & Fitness coordinator. “The cost of a fall is phenomenal, let alone what it does to a person. They may lose independence or have to go to a nursing home. Injury prevention is our priority in Lincoln and Lancaster County.”

The Board of Trustees of the Community Health Endowment of Lincoln announced Oct. 16 that Stepping On was selected for funding in the amount of \$25,800 in 2013, \$7,258 in 2014 and \$5,341 in 2015.

### About the Program

Stepping On was developed and tested in Australia by

Dr. Lindy Clemson, occupational therapist. Her studies showed the program resulted in a 31 percent reduction in falls.

It was brought to the U.S. and adapted for implementation in North America by Dr. Jane Mahoney, a geriatrician at the University of Wisconsin and executive director of the Wisconsin Institute for Healthy Aging. Both the U.S. Administration on Aging and the Centers for Disease Control and Prevention have approved the program. By implementing Stepping On in Lancaster County, Nebraska becomes one of only seven states that currently offer the program in a community setting.

Stepping On empowers older adults who have fallen or who have a fear of falling to recognize and carry out healthy behaviors that reduce their risk of falls. The program is designed to help older adults take control of their fall risk, explore different coping behaviors and encourage follow-through of safety strategies in everyday life.

The seven-week course includes both a group workshop setting and individualized follow-up. Trained professionals and peers who have successfully completed the three-day leader training will facilitate these classes. The two-hour classes are held once a week at various locations in the Lincoln area. Topics include falls and risk, strength and balance exercises, safe footwear and walking, vision and falls, home and community safety, medication review and management, bone

health and coping after a fall.

Participants are encouraged to practice and advance balance and strength exercises at home and during the session. Guest experts from the community will present on various topics during class. Participants also will complete self-assessments with prepared handouts.

Three months after participants have completed the program, they are invited to attend a two-hour booster session to review achievements and key points of the program, reinforce skills participants have put into practice and provide further information on topics as requested by participants.

The first Stepping On courses in Lincoln will be held this spring. Plans to spread this program throughout the state are under way, Apthorpe said.

### Community Involvement

Stepping On is a community project. Although Aging Partners is taking the lead role in its implementation, several local organizations are involved, including AARP Nebraska, Lincoln-Lancaster County Health Department, El Centro de las Américas, the Asian





Community and Cultural Center, the Osher Lifelong Learning Institute, the Nebraska Safety Council and the Nebraska Department of Health and Human Services.

Many participating organizations will help recruit individuals for the April 22-24 leader training. Two master trainers from the Wisconsin Institute for Healthy Aging will provide the training at the AARP Nebraska offices. Once these leaders are trained, Stepping On sessions will begin.

Several of these organizations also are providing the space for the seven-week program.

### The Impact in Lincoln

Lancaster County population projections indicate the number of households with a resident age 65-74 will double from 2010 to 2030. Those containing a resident ages 75 to 84 will nearly triple by 2040. The importance of addressing fall prevention with this age group rises as the population grows.

"Fall prevention always has been a priority for us, and it becomes even more important as the population ages," Apthorpe said.

By December 2015, the Lincoln Lancaster County Health Department Injury Prevention

Committee plans to reduce the incidence of hospital and emergency room admissions in Lancaster County due to falls by 2 percent with help of this program. For those participating in Stepping On, the committee plans to reduce their amount of falls by 25 to 31 percent.

For more information on Stepping On — Building Confidence and Reducing Falls, contact Apthorpe at 402-441-7796 or [papthorpe@lincoln.ne.gov](mailto:papthorpe@lincoln.ne.gov). 

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## Hart Takes Caregiving to the Stage

**F**orty-year theatre veteran Judith K. Hart grew up in a performing arts industry that was presenting more and more documented stories of real people, such as *“The Laramie Project”* and *“Fires in the Mirror.”*

A Pennsylvania native, Hart received her bachelor’s degree in fine arts from the University of Nebraska-Lincoln in 1975. A lover of true, personal stories, she always has been especially moved by stories of women.

“I learn best from other people’s stories, so those are the ones I want to tell,” she said.

When she and her husband, Dan Stratman, returned to Lincoln from New Jersey in 1989, Hart already was a professional actress with Actor’s Equity Association and Screen Actors Guild memberships and was looking for a performance venue. As a young mother with two daughters, she made a bold move and began the Angels Theatre Company.

The company began with only three members and has since grown to include 165. From day one, their productions often have been educational in nature, usually performing true stories about challenging subjects. The company generally involves the audience in its productions through question and answer sessions following a performance.

### Telling Caregivers’ Stories

Although many subjects caught Hart’s interest through the years as she planned theatre

productions for the company, none pulled on her heartstrings quite like the subject of aging. Having a front-row seat to the decline and, eventually, death of her father in 1991 and her mother in 2001 could have played a role in this interest.

The first time Hart tackled the caregiving subject was in 1995, when she collaborated with Ladelle Stonecipher and Madonna Rehabilitation Hospital to create Vestiges, an art and storytelling project with their Alzheimers Day Care Program.

In 2008, she and the Angels Theatre Company participated in a national project called “Caring for Your Parents” with Nebraska Educational Telecommunications. PBS followed five families for a year, filming their caregiving process and challenges. The resulting documentary film was shown nationally. In Lincoln, NET collaborated with churches and caregiving organizations to show the film. Afterward, Angels Theatre Company members performed interactive role-playing scenarios created by the audience. A team of professionals was present at each performance to help answer audience member questions.

To better understand the subject of aging, Hart took a gerontology class in spring 2010.

“I’m an artist, not a scientist,” she said. “I needed to know what the physiology of aging was like. It was great to be in that classroom.”

Hart directed a production of *Grace & Glorie* in summer 2007



*Judith Hart, founder of Angels Theatre Company, is collecting caregiving stories for a future production. Photo courtesy of Kate DeCoste Photography*

at Savannah Pines. The play was about learning to live while dealing with end of life issues.

During spring 2011, the company performed two productions at the Lied Center, calling the joint production Project Caregiver. Both plays, *“Marvin’s Room”* and *“Daytrips,”* told the stories of caregivers in complex, challenging situations. As preparations for the productions were under way, Hart was inspired to collect stories and conversations from local caregivers about their journey — struggles, joys, fears and all — and combine them into a future theatrical production.

“I thought I could learn from people who were experiencing caregiving firsthand,” she said. “I know I had experienced it, but nobody asked me my story. I could advocate for the caregiver if I knew what they were experiencing.”

It wasn’t long before people began calling and scheduling



interview times. As of Thanksgiving, Hart already had collected 30 audio recordings and approximately five to six written stories that people had submitted. She conducted most of the interviews in her dining room.

Her subject went outside the realm of what is considered traditional caregiving. She interviewed parents who cared for children following an accident or disability and Kaplan University nurses-in-training about caregiving as a career. Listening to the stories of others was a joy.

"In a former life, I imagine I was sitting in a cave with all these women telling me what life is about," Hart said. "Caregiving isn't only in the female domain, but it usually does fall to the female sector. I'm drawn to their personal stories around me; that's the way I'm wired."

Once she has collected all her stories, Hart will write the play. Although she hasn't planned the specifics just yet, she knows it will not be a one-person show, but will feature many voices. Her goal is to present caregiving as a lifelong process.

"Do I expect this to be a Broadway show? No," she said. "Do I expect the audience to realize there are resources in the community available to them?"



Angles Theatre Company members perform a scene from "Marvin's Room," a play about caregiving. Photo courtesy of Kate DeCoste Photography



**Most importantly, I want them to realize they're not alone."**

*– Judith Hart*

Yes. Most importantly, I want them to realize they're not alone."

The untitled caregiving play will be written sometime in 2013 with hopes of performing it as soon as possible. **LW**

This publication was supported in part by Grant No. 1-470491233-D8 under a subgrant from the Administration on Aging and the Nebraska Department of Health and Human Services.



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## Powerful Tools Benefit Caregivers

**C**aring for a loved one can drain an individual's finances, social life and physical and emotional health. If caregivers aren't careful, they may let their own well-being slide for the sake of their loved one.

For caregivers who feel trapped in this type of situation, the Administration on Aging endorsed Powerful Tools for Caregivers, a program that teaches how to enhance one's own health while caring for a loved one.

The Powerful Tools program will be offered in the Lincoln area for the first time during the first quarter of 2013. Certified trainers include Aging Partners Community Health Educator Tracie Foreman, Areawide Programs & Nutrition Division Administrator and Aging Partners' Registered Dietitian Denise Boyd, and Aging Partners Health & Fitness Coordinator Peggy Apthorpe.

### History and Success of Powerful Tools

The Chronic Disease Self-Management Program developed by Dr. Kate Lorig and her colleagues at Stanford University forms the basis of this evidence-based program. It has been offered more than 12 years and has trained more than 1,700 class leaders in 32 states. Approximately 70,000 caregivers have participated in the program since its inception.

Powerful Tools was created in response to the high rates of depression, anxiety and increased vulnerability to health problems among caregivers. The program has been proven to reduce caregiver

guilt, anger and expression, and improve self-care, communication skills and use of community services.

Participants meet for two hours once a week and learn to develop self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family members and health care or service providers, communicate more effectively in challenging situations, recognize the messages in their emotions, deal with difficult feelings and make challenging caregiving decisions.

The classes include Taking Care of You; Identifying and Reducing Personal Stress; Communicating Feelings, Needs and Concerns; Communicating in Challenging Situations; Learning from Our Emotions; and Mastering Caregiving Decisions. Class participants also receive a copy of "The Caregiver Helpbook" developed specifically for the class.

Data from class participant evaluation shows improved:

- Self-care behaviors, including increased exercise, use of relaxation techniques and medical checkups.
- Management of emotions, including reduced guilt, anger and depression.
- Self-efficacy, including increased confidence in coping with caregiver demands.
- Use of community resources.

Although this class does not eliminate caregiver problems, it does teach caregivers how to better manage them.

### Upcoming Workshops

#### St. Marks

#### United Methodist Church

8500 Pioneers Blvd.

Wednesdays: Feb. 20 to

March 27, 6:30 - 8 p.m.

#### Christ United Methodist Church

4530 A St.


Mondays: April 8 to May 13,

6:30 - 8 p.m.

"The most important thing you can do is take care of your own health," Apthorpe said. "It gives you the emotional and physical stamina you need to care for another person."

As former First Lady Rosalynn Carter once said, "There are only four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who will need caregivers." Caregiving is something everyone will experience to some degree during their lives, so everyone is encouraged to join the program.

"Becoming a caregiver is one of those things you don't think you're ever going to do," Apthorpe said. "This program is a great resource that gives people more confidence to be a better caregiver, even if they aren't in that role right now."

For more information or to schedule a Powerful Tools for Caregivers workshop, contact Apthorpe at 402-441-7796 or [papthorpe@lincoln.ne.gov](mailto:papthorpe@lincoln.ne.gov). 



# Lifeline Aids in Caregiving Household

It was 3 a.m. when Carol Mitchell heard her mother's Lifeline communicator announcing that a help call was in progress.

How could that be? She didn't hear her mother, Doris, fall or cry for help. Immediately, Carol rushed into her mother's room and found her lying on the floor next to the bed. Doris had fallen while attempting to get up to use the restroom. The AutoAlert personal help button detected her fall and automatically initiated the call to Lifeline for help.

Fortunately, Doris didn't need medical assistance, and Carol was able to safely help her from the floor and back onto the bed. They both slept peacefully that night, knowing Lifeline was there in their time of need.

## A Reliable Ally

While Doris was living with her daughter, she experienced recurrent falls and knew she needed Lifeline support. Carol learned firsthand that falls, accidents and medical issues can happen anytime, day or night. Without AutoAlert, Carol's mother could have spent the entire night on the floor.

Aging Partners Lifeline Specialist Suzanne Frasier said that many with a medical condition or balance issues don't think they need Lifeline because they live with a spouse or relative. However, they don't consider that a fall could happen when no one is close by. Without Lifeline, they could be knocked unconscious and unable to call for help after a fall. The individual could be lying on the floor for hours.

"Accidents and medical issues don't know a time of day," Frasier said. "Lifeline provides support 24/7 regardless of being home alone or, as in Carol's situation with her mother, not being able to hear her fall."



*Doris and her daughter, Carol Mitchell, are grateful for the Lifeline service.*

Unfortunately, some in the Lincoln-Lancaster County area have not been as fortunate as Doris. As with any accident or medical situation, time is critical in preventing serious health issues that may result when no immediate help is available. Although individuals may not have fallen before, Frasier said now is the time to be proactive and get Lifeline.

"Having Lifeline is like your personal insurance policy," she said. "If something were to happen — we hope it doesn't — then at least you have the assurance help is on the way"

A common misconception about Lifeline is that the service is only for "old" people, Frasier said. In actuality, Lifeline is for anyone who wants to protect their health and ability to live independently as long as possible. For this reason, Lifeline service is also provided to subscribers in their 40s and 50s.

"I would recommend Lifeline to any person who has medical needs of any sort," Doris said. "You don't have to be elderly to get it. You can't put a price on a life."




*Suzanne Frasier, Lifeline specialist*

## Expanding Lifeline Education

Frasier is collaborating with medical and rehabilitation facilities, hospitals, doctors and senior living facilities to increase Lifeline awareness among patients and residents. Local physicians and hospital discharge planners are realizing the value to their patients that Lifeline provides, and refer them to Aging Partners' Lifeline Program before discharging them.

"A lot of times, people who come to us already have experienced a fall," she said. "We prefer people to be proactive rather than reactive and contact us before it happens."

For more information about Lifeline, call 402-441-8816. 

## Heart Healthy Diet

**F**ebruary is National Heart Month and for good reason! Heart disease is one the leading causes of death within the U.S. and occurs when the arteries become hard with plaque, reducing blood flow to the heart.

There is a variety of risk factors. Some we have no control over; others are dependent upon our lifestyle choices.

A heart healthy diet focuses on reducing saturated fat, transaturated fat and sodium intake while increasing potassium, fiber and omega-3 fatty acids. It is recommended to eat a variety of foods, particularly fruits, vegetables, whole grains, lean protein and low-fat dairy products.

### Reduce Fat and Cholesterol

Reducing saturated and trans fat intake helps decrease the risk of heart disease. Both types tend to increase the LD, “bad” cholesterol, and decrease the HDL, “good” cholesterol. They also are main contributors to plaque build-up in arteries.

The American Heart Association recommends limiting saturated fat intake to less than 7 percent of total calories and trans fat intake to less than 1 percent.

Cholesterol often is regarded in a negative aspect, but our body actually relies on cholesterol for certain functions. It is recommended to consume less than 200 mg per day because excessive amounts can build in the bloodstream and increase the risk of heart disease. Cholesterol is only found in animal foods such as meat, poultry, dairy and eggs.

### Reducing Sodium Intake

The recommended sodium intake for an older adult is approximately 1,500 mg, but the typical American diet consists of 3,000-4,000 mg. A high sodium diet is a contributor to heart disease and high blood pressure. Sodium is found in many foods, and it may be difficult to completely eliminate from the diet. Certain actions can reduce the amount of sodium consumed, such as choosing whole foods and low sodium options. Substituting other spices and herbs in place of salt also will help decrease sodium intake.

### Increase Potassium Intake

Sodium and potassium work together in the body to balance the fluid in our cells and aid in muscle relaxation. Potassium is an essential mineral and can have very beneficial effects on the body. Several research studies suggest potassium may help reduce the effects of sodium on the body and consuming the recommended amounts may have cardiovascular benefits. Although it is recommended for adults to consume approximately 4,700 mg of potassium per day, most Americans consume much less. High potassium foods include bananas, black beans, spinach and sweet potatoes.


### Increase Fiber Intake

It is recommended to consume approximately 25-35 grams of fiber per day, yet most Americans consume only 10-15 grams per day. A high fiber diet will help decrease LDL cholesterol and blood pressure levels, which will have positive effects on heart health. Foods high in fiber

include fruits, vegetables and whole grain products. It is recommended to gradually increase fiber intake over time, as adding large amounts all at once will result in unpleasant side effects. Water provides lubrication for fiber to move properly and efficiently through our digestive system, so water consumption also should be increased.

### Increase Omega-3 Fatty Acids

Omega-3 fatty acids are essential. The body cannot produce them, yet we need them for certain body functions. Omega-3 fatty acids are found in fatty fish, such as mackerel and salmon. The American Heart Association recommends consuming oily fish at least two times per week.

Following a heart healthy diet will not guarantee protection against heart disease, but it may help prevent or delay its development. Reducing fat and sodium intake and increasing potassium, fiber and omega-3 intake will contribute to a heart healthy diet. 





# Eating Healthy with MyPlate

**M**arch is National Nutrition Month, and 2013 marks its 40th anniversary.

The 2013 theme is “Eat Right, Your Way, Every Day” and is sponsored by the Academy of Nutrition and Dietetics. The theme focuses on how individual beliefs, ideas, cultural and ethnic preferences, as well as health concerns, affect our food choices and dietary habits.

The purpose of National Nutrition Month is to provide education to help people make more informed decisions regarding their nutrition intake and physical activity levels.

MyPlate is a nutrition guide published in June 2011 to replace the Food Guide Pyramid. MyPlate is a reference guide in how we should aim to fill our dinner plates for every meal. It's easy to visualize and helps ensure we are

eating properly and practicing portion control.

All we have to do is simply look at our dinner plate, determine if it matches the recommendations, and make any necessary adjustments. The focus of MyPlate remains on fruits, vegetables, grains, protein and dairy as well as incorporating physical activity into a daily routine. The recommendations are as follows:

- Make half of your plate fruits and vegetables.
- Focus on fruit (red section).
- Vary your veggies (green section).
- Make half of your grains whole grains (orange section).
- Go lean with protein (purple section).
- Get your calcium-rich foods; choose fat-free or low-fat dairy products (blue section).



There is a MyPlate specifically geared toward older adults. Oftentimes, they require fewer calories, but the amount of nutrients needed does not change. This means it's in the best interest of older adults to choose foods loaded with vitamins and minerals but containing few calories.

Foods high in nutrients but low in calories are considered nutrient-dense foods. Foods that are high in calories but low in nutrients are considered energy-dense foods. The MyPlate for older adults shows examples of nutrient-dense foods and lean sources of protein and dairy. It also emphasizes the importance of limiting salt intake by choosing low-sodium foods and substituting spices and herbs in lieu of table salt. Examples of physical activity geared toward older adults also are emphasized.

Everybody has different food preferences, cooking styles and health concerns. What might work for one person may not work for another person, and vice versa. Our food choices ultimately will determine if our body is receiving

*Continued on page 18.*

## Mediterranean-Style Salmon

1/2 tablespoon of parsley	2 tablespoons of basil	2 salmon fillets
1/2 tablespoon of lemon juice	1/2 tablespoon of minced garlic	2 thin slices of lemon
		black pepper (to taste)

### Preparation:

1. Preheat oven broiler if you have an electric stove. If you have a gas stove, there's no need to preheat.
2. Line the broiler pan with aluminum foil and lightly spray with non-stick cooking spray.
3. Spray fish with cooking spray and sprinkle with black pepper. In a small bowl, combine parsley, basil, garlic and lemon juice. Coat fillets with even amounts of the garlic-basil mixture.
4. Place the salmon skin side down the broiler pan. Place the pan

approximately 4-6 inches from the heat source. Broil on high heat for 3-4 minutes, then turn the fish over. Reduce heat and continue broiling for approximately four minutes longer or until fish is flaky and can be easily flaked with a fork and an internal temperature reads at least 145 F.

*Nutritional Information: Serving Size: 1 fillet, Calories: 183, Total fat: 9 grams, Saturated fat: 1.5 grams, Monounsaturated fat: 3 grams, Cholesterol: 78 grams, Sodium: 105 mg, Carbohydrates: 2 grams, Protein: 28 grams. Recipe courtesy of www.mayoclinic.com*

## Healthy Eating for Successful Living

**H**ealthy Eating for Successful Living is an evidence-based class now being offered through Aging Partners.


The six-week course provides support and guidance to people who would like to learn more about healthy eating. Several nutrition topics will be discussed each week, and participants will learn new exercise techniques. A grocery store

tour and a cooking demonstration also will take place in the final weeks to allow participants more hands-on education regarding the preparation of healthy foods.

Each week, participants will set goals and strategies to help them meet their health and nutrition goals, then report back on their progress the following week. Classes will meet once per week

for 2 1/2 hours. The suggested contribution is \$22 for people age 60+ and the fee is \$44 for those under age 60.

The manual can be purchased for \$15 or may be loaned. Call for dates and locations.

Please contact Denise Boyd at 402-441-6160 or Jill Grunke at 402-441-6161 to register for this class. 

## Eating Healthy with MyPlate


*Continued from page 17.*

enough nutrients and will affect our overall health.

Individual beliefs, ideas, cultural, ethnic preferences and health concerns affect our food choices. Examples include vegetarianism, not eating certain kinds of protein (pork, fish or red meat), lactose intolerance

and other factors. If any of these affect our food choices or intake, we must ensure our body still receives all the necessary nutrients. For example, an individual who consumes few meat products may not be consuming adequate iron.

Registered dietitians are food and nutrition experts and

can provide nutrition education and counseling. If you are experiencing any diet or nutrition-related problems or would like to receive more information on practicing healthy food habits, make an appointment with one of our registered dietitians at Aging Partners. 

### Orange Rosemary Roasted Chicken

3 skinless chicken breast halves	1/2 teaspoon of dried rosemary,
3/4 teaspoon of extra virgin olive oil	minced
1 clove of garlic, minced	2 tablespoons and two teaspoons of
Ground black pepper, to taste	orange juice

#### Directions:

1. Preheat the oven to 450 F.
2. Lightly coat a baking pan with cooking spray.
3. Rub each piece of chicken with garlic and then oil. Sprinkle on rosemary and pepper. Place chicken in baking dish and pour orange juice over it.
4. Cover and bake for 30 minutes. Turn chicken over and continue baking for 10-15 minutes.
5. Spoon orange juice from the pan over top of the chicken and serve immediately.

*Nutrition Information Per Serving: Calories: 204, Total fat: 8 grams, Saturated fat: 2 grams, Sodium: 134 mg, Cholesterol: 99 mg, Protein: 31 grams*





# In Memory of Dee Fullerton

By June Pederson, Director, Aging Partners



**D**ee Fullerton had been a City of Lincoln employee exactly 36 years when she died Nov. 29. Her role at Aging Partners as head of


the Accounting section was to manage a nearly \$10 million budget. She supervised and nurtured six employees and helped new agency staff (including this director)

understand the complexity of the many funding streams to be navigated, their opportunities and limitations.

As a member of the management team and, for a period of time, a smaller group that met to discuss how to move the agency forward while managing budget cuts and a growing client base, she saw beyond the numbers into future needs.

Dee raised three sons as a single mother. Now grown men with children of their own, she was justifiably proud of them and

delighted in her grandchildren. She planned for retirement at the end of 2012, but was diagnosed with a malignant brain tumor in late July.

She will be remembered for her financial management talents, her gentle way of offering hard choices when she had to, her delightful laugh and the caring she showed to each of us. We are better because she was so much a part of the accomplishments of this agency, and we will miss her very much. 


## AARP Provides Tax Assistance

**A**ARP District Coordinator Allan Smith announced free tax assistance will be provided outside Lancaster County in 2013. In a program supported by the AARP Foundation, he and his trained volunteers will provide tax preparation assistance to persons over the age of 50 by appointment made with the County Program Manager's office.

Three volunteers will work at each site on Saturdays. Appointments are required and will be provided on a first come, first served basis. Dates and contact information can be found below.

There is no specific limit on the amount of annual income. Filing help also is available to those qualified for the Nebraska Homestead Exemption.

The following are tax forms AARP CANNOT prepare:

- Schedule C (Business Profit and Loss) other than that allowed under C-EZ rules: no inventory, no more than \$5,000 in expenses, no employees.
- Complicated Schedule D or one without proper paperwork on (Capital Gains and Losses in stock trading).
- Schedule E (Rental Property) with expenses, including depreciation.
- Agricultural income, or share cropping income.
- Form 2106 (Employee Business Expense).
- Form 3903 (Moving Expenses).
- Form 8615 (Minor's investment Income).
- Schedule K-1s that involve depreciation or expenses.
- Other rental income or business income.
- Income from states other than Nebraska and Iowa. 

### Dates and Appointment Contacts:

#### Feb. 9

Seward County, Seward Senior Center, 1010 Manor Drive West, Seward – Contact Kathy Ruzicka at Seward County Aging Services: 402-761-3593

#### Feb. 16

Seward County, Linden Village, 1015 Linden Ave., Milford – Contact Kathy Ruzicka at Seward County Aging Services: 402-761-3593

#### Feb. 23

Butler County Senior Services, 529 D St., David City – Contact Linda Vandenberg at Butler County Senior Services: 402-367-6131

#### March 2

Polk County, 230 N. Walnut, Shelby – Contact Jan Noyd, Polk County Senior Services: 402-764-8227

#### March 9

Saline County, Wilber Cultural Center, 101 West 3rd St., Wilber – Contact Amy Hansen, Saline Eldercare: 402-821-3330

#### March 16

Fillmore County, 1120 F Street, Geneva – Contact Brenda Motis, Fillmore County Senior Services: 402-759-4922

#### March 23

Butler County Senior Services, 529 D St., David City – Contact Linda Vandenberg at Butler County Senior Services: 402-367-6131

March 30, April 6 and April 13 will serve as snow days should there be a Saturday that prohibits travel.

York County will begin taking appointments Feb. 1. For an appointment in York County, please call 402-362-7626.



*Delores Lintel, local coordinator for Project Linus for more than nine years, provides a homemade quilt or afghan to children who are ill; have been hospitalized, abused or neglected; or are going through a traumatic time. Photo by Zoe Olson.*

## Taking It to the Next Level By Zoe Olson

**D**elores Lintel is a study of hard work, determination and a deep-rooted desire to enhance the world around her. The soft-spoken woman, with a twinkle in her eye, shies from the spotlight that shines on her accomplishments.

### A Strong Beginning

Lintel was the fourth of 12 children born on a farm near Crofton, Neb. The family farm was lost during the Great Depression and they moved frequently, finally settling in Hartington. Being part of a large and interesting family provided her with a wholesome childhood. Her childhood reminiscences of that

time can be enjoyed in the column she occasionally writes for The Neighborhood Extra, a Saturday section of the Lincoln Journal Star.

As a high school junior, she was selected to go to Cornhusker Girls State; a defining experience she said, “Really opened my eyes to the world around me.”

Lintel was awarded a four-year Regents Scholarship to the University of Nebraska-Lincoln during her senior year of high school. Due to an illness in the family, she was unable to accept the opportunity, and began working for a local insurance agency after graduation.

Lintel married her husband, Ferdinand, in 1950 and for a time lived near Crofton. She was a stay-at-home mother while he worked in a lumberyard. In 1956, they moved to Lincoln with their four children. Ferdinand worked as a maintenance engineer at Beatrice Foods while she continued as a homemaker. She also began working as an at-home typist.

When her youngest child started school, Lintel went to work as a typist at Mail Advertising. Due to personnel changes, she was asked to “do some typing” for the company president. Aware of his dynamic personality, she was wary, but accepted. She soon became his secretary and began a rewarding career.

“I loved my job and the good salary,” she said. “Caring for my family and working outside the home was intense and challenging.”

### Revolutionizing School Lunches

At the same time, the director of the lunch program at her children’s school resigned. Lintel knew the cooks were great and she wanted to ensure the quality of the program, so she agreed to manage it from her home. She maintained the status quo but became aware that the equipment in the kitchen and lunchroom was quite old. She began a quest to replace as much of it as possible.

“The question was how to prove to the government that we needed new equipment, but had no funds to purchase it,” she said.

Lintel turned to information in the U.S. Census. Researching the median income and the number of children per household for the area, combined with the lack of funds in

the existing program, she established proof of the school's need.

"In the end, we received new kitchen equipment and lunchroom tables," she said.

It was soon apparent children were coming to school without breakfast. Lintel did more research and found a way to begin Lincoln's first school breakfast program.

"We offered a good breakfast that met the nutritional requirements and fed the hungry children," she said.

With her youngest child finishing grade school and the program doing well, Lintel passed the torch to someone else.

"I knew it was a good program," she said. "It just needed some gentle attention to bring it out of decline and take it to a new level."

### **Passion for the Community**

Lintel and others who lived in what is now known as the Clinton neighborhood began noticing large numbers of vacant lots and houses falling into disrepair. Several women began to meet on Saturday mornings in the Lintel home.

"We wondered what was going on," she said. "Finally, there was an article in the paper about a proposed expansion of the university into the area and a plan by the city for construction of a street from downtown through established residential areas toward an industrial tract northeast of Lincoln. We realized that by acquiring properties and not maintaining them, the city was becoming a slumlord and destroying our quality of life. It was corrupt, foul and just plain wrong. It made us very angry.

"We delivered leaflets throughout the area, describing the problem and calling for a meeting at the school. We defined ourselves as a

**We invited the mayor to a meeting, knowing full well that he would get stuck. We had complained about the condition of our streets for a long time and this was one way to get his attention."**  
— Delores Lintel

family neighborhood and decided to do whatever was necessary to protect and improve the area. The Clinton Neighborhood Organization was born that night."

Through an intense letter-writing campaign to public officials, the organization began to take on issues one by one.

"Our first attempt was to point out the condition of the alley alongside the school," she said. "It was nearly impossible to use when dropping off kids.

"One time, when the unpaved streets in our neighborhood were very muddy, we invited the mayor to a meeting, knowing full well that he would get stuck. We had complained about the condition of our streets for a long time and this was one way to get his attention."

The organization also got the attention of neighborhoods such as Malone, University Place, Bethany and Havelock. Those communities joined forces in the fight to stop what was called the Northeast Radial.

From our humble beginnings, we were now a powerful grassroots organization," Lintel said. "We eventually put the question of the construction of the Northeast Radial on the ballot — and it was defeated," she said, with a smile.

Involved citizens were asked to serve on the Radial Reuse Task Force. They were charged with developing a plan to put city-owned properties back on the tax rolls and redevelop the area acquired

for construction of the radial. Federal grants were obtained to pave streets that had been ignored. Millions of dollars of zero-interest loans were made available for home improvements in areas that had been redlined. New homes and apartments were constructed on the vacant, weed-covered lots.

This plan included space for a park at 21st and Holdrege streets. It was dedicated as Lintel Park in 1987 to honor her leadership. It serves as the western anchor of the John Dietrich Trail, following the route of the former radial. A gazebo stands on a spot once occupied by a small house the neighborhood group sometimes used for meetings.

"The long-term results of our efforts include the entire city now

*Continued on page 22.*





*Continued from page 21*

being represented on the city council with some representatives elected by district,” she said. “The city works closely with more than 50 organized neighborhoods to address their concerns on many issues.”

The history of the organization of the Clinton neighborhood and the fight to defeat the radial is preserved in a scrapbook at the Nebraska State Historical Society and is included in the book “Breakthroughs, Re-Creating the American City” by Neal R. Pierce and Robert Guskind.

“This was democracy at a very basic level,” Lintel said. “There was a problem and citizens solved it.”

In a Washington, D. C. ceremony in 2009, NeighborWorks America presented Lintel with the Dorothy Richardson Community Leadership Award for her commitment “to preserving the integrity of the Clinton

neighborhood and the historic integrity of surrounding Lincoln communities.”

### **Becoming the Jam and Jelly Queen**

Through it all, Lintel continued working at Mail Advertising. The company was sold to MetroMedia, new personnel were installed and it was time for her to leave. Now she could relax and enjoy her grandchildren and hobbies — including making jams and jellies from wild fruits that grow along Nebraska’s roadsides. Friends had appreciated those she made as gifts, and it was the time to see if they would sell at a craft show. She filled 200 baby food jars with her precious jelly.

She sold out the first day.

“I thought, ‘maybe I’m onto something,’” she said.

Now she needed a name for her new enterprise.

“The inspiration for the unique spelling came from notes a granddaughter would write when she knew she was coming to my house,” Lintel said. “They started with ‘Dear Grama.’ That was good enough for me.”

Soon she made a sales call to Ideal Grocery in Lincoln, offering to pick up what didn’t sell in two weeks. That afternoon she received a call saying all the chokecherry jelly was sold and they needed more.

Lintel’s apple butter is based on her grandmother’s recipe. She contacted Morton Orchards in Nebraska City to see if they would be interested. Soon the Lintels were stocking the shelves in the apple house and involved in Apple Jack Days. Ferdinand would cook the apple butter in a copper pot over an open fire while she had a table nearby with jams, jellies and apple butter for sale.

During this time, many Nebraska towns were celebrating their centennials.

“We would be invited to do our apple butter stir, then sell out and come home to work non-stop to prepare for the next weekend,” she said. “We didn’t advertise at all. We didn’t need to. The best way to sell it was to just let the people taste it.”



*Lintel's hobby of making jams and jellies from wild fruits growing along Nebraska country roadsides turned into a full-fledged business called Grama's Jellies. Photo by Zoe Olson.*

**“The inspiration for the unique spelling came from notes a granddaughter would write when she knew she was coming to my house.”**

*— Delores Lintel*

The Lintels once were invited to Oktoberfest in Sidney. The weather turned nasty and windy with strong winds and snow. Since they had set up for the apple butter stir, they covered everything except the sales table with a tarp. They considered going home that night but were too cold and tired. The next day was sunny and bright and they started the apple butter.

"That morning, a man stopped by the table and told me he had purchased some jelly and apple butter the day before," Lintel said. "His family had it with breakfast and loved it. He handed me his card and said, I'm the buyer for Cabela's. Come see us in February when we review our vendors."

The rest is history. Grama's jams, jellies, apple butter and syrups now are found in Cabela's stores and catalog, as well as many other grocers, gift shops, orchards and online.

Now retired, Lintel's business is owned and managed by her children.

### **Staying Involved During Retirement**

Since 2003, Lintel has served as local coordinator for Project Linus, a national nonprofit organization that provides homemade quilts and afghans to children who are ill, have been hospitalized, abused, neglected or traumatized.

"These little quilts and afghans are made by hundreds of wonderful, generous volunteers," she said. "Many are retired and have sewn or crocheted all their lives, and this allows them to continue to do so. All the fabric and yarn is donated and generous local businesses provide financial help to purchase the batting. A tag is attached to each one

with the name and address of the woman who made it so the child can write a thank you to them."

Project Linus had provided approximately 200 quilts and afghans annually to local hospitals, but Lintel knew they could reach more children who needed them. She contacted UNL to see if students would take quilts to their local hospitals on their holiday trips home. They were happy to do it, but she realized she would need to reinvent the wheel every year as students graduated.

Lintel contacted the Nebraska Hospital Association and now brings the quilts and afghans to their annual convention. Directors of nursing come from throughout the state and select as many as they need for the next year. She distributes more than 400 in one day during the convention, which go to 70 rural hospitals and more than 40 social service agencies across Nebraska. From 2003 through October 2012, Project Linus had distributed 27,681 quilts or afghans — an average of nearly 2,800 per year.

Following Ferdinand's death, Lintel needed something to fill her Sunday afternoons. A friend suggested volunteering at the Lincoln Children's Zoo. On most Sundays during the summer, she serves as a train conductor. Lintel enjoys explaining things about the zoo as the train makes its journey.

"I enjoy the fun and excitement of the children who are anticipating the train ride," she said.


Lintel's activities don't end there. She is a host on Live & Learn — the longest running television show on 5 City-TV — where she presents topics of interest to area seniors.



*Most Sundays during the summer, Delores Lintel can be seen conducting the train at the Lincoln Children's Zoo. Photo by Zoe Olson.*

"As long as I'm able to be an asset, I'll volunteer," Lintel said. "I like being involved, but I don't ever want to be a drag."

Lintel doesn't see herself as an ultimate volunteer, but she recognizes her talents as an organizer, problem-solver, innovator and leader.

"It's important to me to be doing something worthwhile," she said. "I don't do what I do for attention, praise or self-aggrandizement. When I find something worthwhile, I try to see if I can improve it or take it to the next level." 

# Hypertension — The Silent Killer

Unlike most diseases that show warning signs early on, hypertension is a silent disease that only can be identified through regular blood pressure checks.

## The Ugly Truth

The Centers for Disease Control reports approximately one in three U.S. adults — nearly 68 million — have high blood pressure. About one in five U.S. adults with high blood pressure don't know it. Almost 30 percent of American adults have prehypertension, which is when blood pressure numbers are higher than normal but not yet in the high blood pressure range. Prehypertension raises the risk of developing high blood pressure.

Adults age 50 and older are more likely to develop hypertension because our arteries stiffen with age, according to Beth Brey, nurse practitioner for the Nebraska Heart Institute. However, since 1999, more people with high blood pressure, especially those 60 years and older, have become aware of their condition and received treatment.

## Knowing the Facts

Blood pressure numbers include the upper number, systolic, which represents the blood pressure within the artery when the heart is contracting, and the lower number, diastolic, which represents the blood pressure within the artery when the heart is at rest. In the past, physicians concentrated on the lower number, diastolic. Today, the focus is on the systolic blood pressure. If that number is greater than 130 on at least two occasions, it's time to begin treatment.

Obesity, diabetes, sleep apnea, age and renal kidney disease are the major factors that can cause hypertension.

Because the disease carries noticeable symptoms, everyone — especially adults ages 50 and older — should have their blood pressure checked annually. If an individual develops prehypertension, it is recommended that they monitor it closely.

Brey recommends those at risk for developing hypertension purchase arm cuff blood pressure monitors for at-home use. The monitors must be the right cuff size to produce an accurate reading. When using the at-home monitors, check blood pressure at rest. The arm should be resting at the level of one's

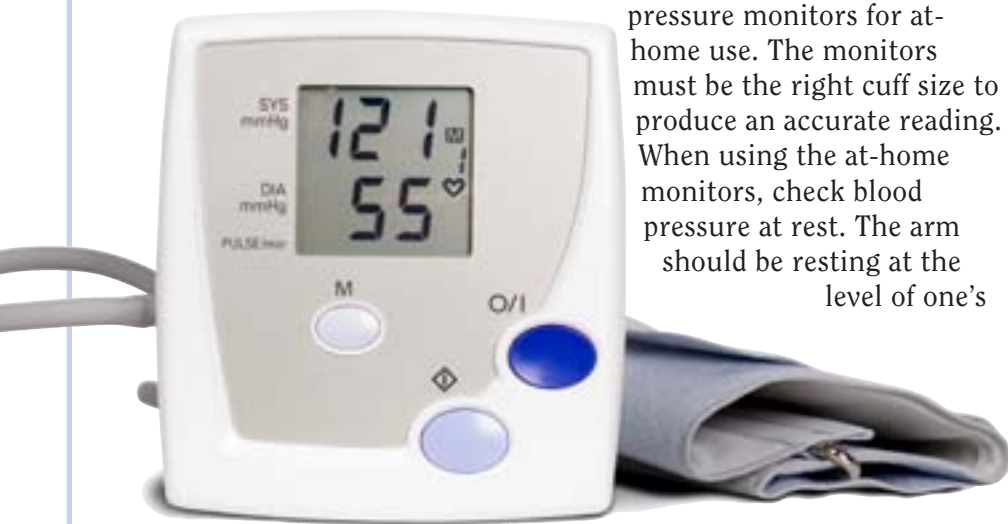


*Beth Brey, Nebraska Heart Institute nurse practitioner*

heart when using the monitor. Wrist monitors aren't as accurate, Brey warns. If an individual has this type of monitor, he or she should bring it with them to their next doctor's visit to ensure it coordinates with their arm blood pressure cuff.

"We like their blood pressure to be around 100 as long as their not symptomatic with low blood pressures," Brey said.

The American Heart Association states normal blood pressure is less than 120 systolic and less than 80 diastolic. Prehypertension is 120-139 systolic and 80-89 diastolic. Stage 1 hypertension is 140-159 systolic and 90-99 diastolic. Stage 2 hypertension is 160 or higher systolic and 100 or higher diastolic. If the systolic number is higher than 180 or the diastolic





is higher than 110, the individual should seek emergency care immediately as they have entered hypertensive crisis.

If uncontrolled, high blood pressure could lead to coronary heart disease, stroke, kidney disease, congestive heart failure, coronary artery disease and other ailments.

Hypertension can be treated in many ways, including medication or weight loss if an individual's Body Mass Index is greater than 30. New research continues to improve hypertension treatment.

"New guidelines for hypertension will be realized any time now," Brey said. "It may or may not change the numbers of our goals, but it will say what medications are best to treat blood pressure."

### Common Hypertension Myths

Many believe that, as long as the systolic blood pressure is under 160, everything is ok. In actuality, systolic blood pressure should always be kept under 130.

Many focus on the diastolic number to determine their blood pressure health. However, the systolic blood pressure can lead to more of the major cardiovascular risks.

Unlike the common misconception, if high blood pressure runs in an individual's family, it doesn't mean he or she will develop the disease. Lifestyle changes can prevent hypertension or lower blood pressure if hypertension already is present.

### Reducing the Risk

To decrease the chance of developing hypertension, Brey recommends increasing physical activity, losing weight and adopting a low-salt diet.


The standard amount of physical activity a week is a minimum of 30 minutes three times a week or 20 minutes five times a week. During exercise, the heart rate should be up to the point of inhibiting normal conversation. For those beginning to exercise again, Brey advises the individual to not overdo it. Start small; do five to 10 minutes of exercise several times a day and build on it. Not a fan of the gym? Try biking or swimming.

"Warm water pools are excellent because the buoyancy of the water takes weight off those joints and makes it easier to exercise more," Brey said.

Those looking to lose weight should first determine their Body Mass Index with an online BMI calculator or at his or her next doctor's visit. It's important not to lose too much weight, too fast. One to two pounds a week is a healthy weight-loss amount. Brey recommends setting goals to stay motivated and keeping a food journal. By cutting 500 calories from one's daily diet, individuals will lose a pound a week. Exercise with a healthy diet is essential to productive weight loss.

Low sodium diets typically only allow two grams of sodium per day. Salt alternatives include lemon juice, garlic powder and herbs such as basil and oregano. When dining out, ask for a list of items with no salt. Depending on the restaurant, they may prepare it without salt upon request. As a general rule of thumb, don't eat something if it tastes salty.

Other ways to reduce risk of hypertension is to avoid smoking and limiting alcohol to one 8-ounce glass a day.

For more information on hypertension, visit [www.heart.org](http://www.heart.org). 



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# Friendly Visitors Make a Difference

Every week, Friendly Visitors Program volunteer Darlene Fischer eagerly anticipates the quality time she'll spend with her 83-year-old client at Fairview Manor in Fairmont, Neb.

Fischer has visited this woman through the Friendly Visitors Program for the past six years, first at her home and now at the manor. Usually when she comes to visit, they watch Dr. Phil. During the commercials, they discuss the show or each other's families. If her client received a letter from someone, she'll read it aloud. Fischer never visits without bringing the church bulletin and a daily devotional to give to her client.

"For clients like her, having something to look forward to is very important," she said. "My visits make her a lot happier than she would otherwise be. It makes me feel like I'm doing what the Lord wants me to do."

## About the Program

For more than 11 years, the Friendly Visitors Program has been making an impact on the older adult community in the rural counties surrounding Lancaster. The Friendly Visitors Program was created to supplement the Aging Partners Senior Companion Program already in place. Unlike Senior Companion, Friendly Visitors is funded through a non-stipended state grant, which supports the overhead cost.

The program is currently active in Fillmore, Polk, Saline, Seward and York counties.

Friendly Visitor volunteers are assigned to develop a relationship with one or more older adults in their area who are either frail, lonely or simply need another friend.

They are asked to visit their clients approximately two hours a week. Most visits occur in the client's home, an assisted living facility or nursing home. During these visits, the pair will do anything from playing cards to sharing a meal.

Most importantly, these visits are about friendship and conversation.

"Volunteers are helping another person maintain social contact," said Denise Boyd, Areawide Programs & Nutrition division administrator and the contract monitor for the six rural counties covered by Aging Partners. "We're providing them a friendly face to brighten the day."

## Volunteers Needed

Last service year, the Friendly Visitors Program had 28 volunteers. This year, there are only six. The program is searching for additional volunteers to join the team.

Boyd encourages adults with a sincere desire to form a friendship with a homebound adult in their own county to consider becoming a Friendly Visitor. Most volunteers are assigned one or two clients — however many they are willing to visit. Busy adults need not worry; program coordinators are flexible with volunteers' schedules.

Initial orientation and quarterly training is provided to equip volunteers with the skills and encouragement needed to become the best volunteer they can be. During the cross-county training, volunteers share their successes and discuss appropriate activities for visits, how to be a good listener, emergency procedures and more. Guest speakers often are invited to these training events.




*Standing is Janet Bartak, Friendly Visitor coordinator for Fillmore County, standing, helps Friendly Visitors like Darlene Fischer find their clients and trains volunteers.*

"At these trainings, it's nice to meet with a group of other volunteers who do the same thing you do," Fischer said.

She joined the program 10 years ago after retiring from her job as a nursing aid and activities coordinator at Fairview Manor. Looking for a way to stay involved in her community, she became a volunteer. Through the years, she has visited six older adults.

While caring for others, the volunteers themselves also benefit from their service.

"It's rewarding to help people and get to know the neighbors you've never met before," Boyd said.

To become a Friendly Visitor or to suggest a client, please call Aging Partners at 402-441-7070. 





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67	\$97.88	\$112.62
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69	\$105.96	\$121.87
70	\$109.87	\$126.37
71	\$113.62	\$130.70
72	\$117.20	\$134.86
73	\$120.37	\$138.36
74	\$123.37	\$142.11
75	\$126.28	\$145.19
76	\$128.70	\$148.02
77	\$130.95	\$150.52
78	\$132.95	\$152.94
79	\$134.86	\$155.10
80	\$136.53	\$157.02
81	\$138.36	\$159.10
82	\$140.03	\$161.10
83	\$141.69	\$163.02
84	\$143.44	\$164.85
85	\$145.03	\$166.77

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# A History of Fleming Fields

One of Lincoln's treasures, Fleming Fields, is known today for its ball diamond, bicycling/walking trail and playground. Many forget the 29-acre area also is where local horticultural experts Jim, Bob and Dave Fleming once lived, worked and gardened.



*In honor of their exquisite horticultural skills, the Fleming brothers are immortalized in cartoon form as garden gnomes.*

The Flemings were fixtures in the Clinton neighborhood for many decades. Their mother, Ruth Bates Fleming, lived at 30th and Leighton Avenue for years. She was a 1901 graduate of the University of Nebraska-Lincoln who studied botany. She was credited with incepting some of Nebraska's first state parks. Fleming Woods at the Pioneers Park Nature Center commemorates her interest in plants.

When Jim, Bob and Dave returned from World War II, they began to grow flowers, believing that they brought happiness to peoples' hearts when they needed it most.

One of the first flowers the brothers grew upon returning from war were chrysanthemums. They'd typically sell them on game days so Husker football fans could decorate their lapels.

In many ways, the trio pioneered the mail-order perennial garden industry. As their interest in plant breeding developed, they began creating plants no one else was able to grow in such cold regions. Their flowers were bigger, better and hardier. They worked on flowers such as mums, hibiscuses and crapemyrtles, which typically grow south of Nebraska.

Over time, they became expert plant hybridizers.

"They did plant breeding the old way," said Professor Rich Sutton, UNL Department of Agronomy and Horticulture. "They'd do their crosses, save the seed, plant it out and select the plants they wanted."

The Fleming brothers left their plants in the ground for five to 10 years to ensure they'd grow, lasting through winters and diseases.

According to the Fleming's Flower Fields hibiscus informational website, the three created thousands of today's perennial standards, including "Spotty" and



*Fleming Fields is named in honor of Jim, Bob and Dave Fleming, famous local plant hybridizers.*

"Dottie" dianthus, ajuga "Burgundy Glow" and the first blue-flowered caryopteris, "Bluebird." They also are known for their standards in hardy hibiscus, namely "Kopper King," "Plum Crazy" and "Fireball." The brothers sold their flowers in their retail and wholesale mail-order catalog.


"They had a unique combination of talent and determination," Sutton said.

Even though the last of the Fleming brothers died in 2001, Fleming hybridizing and sales are continued by their longtime apprentices.

The Fleming legacy also lives on with the park, which was dedicated in their name June 24, 2004, and is located where they grew their famous flowers. A flowerbed installed in the park contains hundreds of their plant hybrids, including the famous hardy Hibiscus and dwarf hardy crepemyrtle.

"People in the neighborhood love it," said Gretchen Zwetzig, Fleming's Flower Fields owner.

The Fleming brothers continue to further the development of the horticultural industry, having left UNL an endowment for horticulture student scholarships and horticulture research in their wills.

For more information on the Flemings and their flowers, visit [www.flemingsflowers.com](http://www.flemingsflowers.com) and [www.flemingshibiscushut.com](http://www.flemingshibiscushut.com). To watch the Live & Learn interview with Professor Rich Sutton on 5 CITY-TV:Video-on-Demand, go to [lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm](http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm). 





*Live & Learn host Sam Truax interviews Mary Wilson, Aging Partners legal counsel, on legal issues affecting seniors.*

## Legal Counsel Available at Aging Partners

**W**hen older adults in the Lincoln area face confusing and somewhat frustrating legal issues, they can put their trust in Mary Wilson, Aging Partners Legal Counsel, to help answer their questions and put them on the right path.

Of the many subjects asked of Wilson, they most often include Medicare, Medicaid and Social Security issues; nursing home information; power of attorney; wills and planning for disabled children.

### **Medicare**

When consulting with clients about Medicare, Wilson said most are surprised when they learn it doesn't cover long-term care. Most think if they go to a nursing home, Medicare will cover them for a long period, but it only covers skilled nursing care after three days of hospitalization.

Gaps in Medicare coverage include deductibles and co-payments typically filled by either a Medicare supplemental insurance plan or Medicare advantage plan.

### **Medicaid**

A common misconception Wilson hears regarding Medicaid is that an individual cannot have assets for them to qualify. In reality, there's a program that does, in fact, financially protect one spouse when another has a catastrophic illness.

"The couple can have fairly significant resources and still qualify for protection," she said.

To learn the financial requirements of qualifying for Medicaid, visit the Nebraska Department of Health and Human Services website at [www.dhhs.ne.gov/Pages/default.aspx](http://www.dhhs.ne.gov/Pages/default.aspx).

### **Long-term Care Insurance**

Aging Partners provides counseling for long-term care insurance. This is something consumers purchase that covers long-term care, which includes nursing home stays, assisted living facilities and some at-home services.

Wilson said many don't buy it because they assume the insurance is too expensive.

"Through the years it's come into being, the cost has gone

down significantly," she said. "It's also available through a variety of sources instead of being forced to buy an individual policy. Many employers offer this as a perk or benefit of employment. Often, a child can purchase it for their parents from the child's employer."

The cost of long-term care insurance varies widely based on age and how much coverage is purchased. It used to cost \$3,000-4,000 a year without many options. Although there's nothing significant available for less than \$100, this used to be the case for \$250 a month.

"The younger you get it, the cheaper it is," Wilson said. "It goes up over time because of inflation and age increases."

### **Power of Attorney**

There are two types of Power of Attorney: health care and financial.

The Health Care Power of Attorney applies when an individual appoints someone to explain to the medical community on their behalf how they should proceed if the individual ever becomes incapacitated.



The Financial Power of Attorney law handles finances on the individual's behalf. Laws regarding this will change in January. Those who established Power of Attorney before the end of 2012 should still be usable, but this is currently uncertain, Wilson said. The new document has to contain consumer warnings and instructions for the attorney in fact. With the new law, the attorney in fact is required to do a formal accounting.

Many items on the Power of Attorney form may be confusing, which is why Wilson advises people to seek legal counsel before completing the form.

"Many will ask if they can get the form online and do it for free," she said. "Yes, but you're not paying the attorney for the form; you're paying for their counsel."

## Bankruptcy


Many changes to bankruptcy laws have occurred through the years. Wilson said it's much harder to obtain a bankruptcy that discharges all of an individual's debts. Many consumers are required to pay back a percentage of their debts. Debt counseling now is required before an individual can obtain bankruptcy, enabling consumers to be better prepared for handling their finances.

"These changes make a big difference in when older people have to file bankruptcy," she said. "If a consumer's only income is Social Security, and it's direct-deposited into a bank account that never contains more than two times the Social Security amount, creditors cannot garnish the funds. Formerly, the creditor could have funds held and the consumer had three days to get to court to prove they were on Social Security."

## Don't Hesitate!


The legal clinic is available on a weekly basis. All interested adults should call Aging Partners at 402-441-7070. Everyone is screened to determine if they are available for direct services or for information and referral. Referrals are available for those age 60 or older and direct services are available to people with more moderate means.

"It's so much easier to be preventive and take advantage of these services than to be reactive," Wilson said.

To watch the Live & Learn interview with Mary Wilson on 5 CITY-TV: Video-on-Demand, go to [lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm](http://lincoln.ne.gov/city/mayor/cic/5citytv/vod/vod-current.htm). 



Mary Wilson, Aging Partners legal counsel

 **It's so much easier to be preventive and take advantage of these services than to be reactive."**

— Mary Wilson

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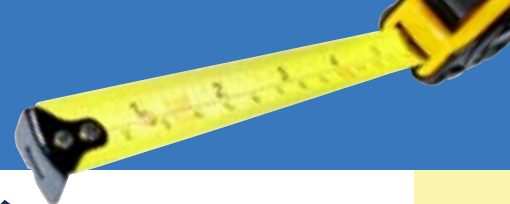
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## Winter Home Hazard Proofing Tips

**N**ebraska's unpredictable winter weather makes living safely a challenge and even dangerous — especially for older adults.

Here are several tips to help you remove some of the winter hazards and keep you from experiencing the negative impacts of harsh winter weather.

### Furnace Safety

Schedule an annual inspection and service of your furnace by a professional. This can detect any hazards, help your furnace maintain quality performance and hopefully prevent you from being without heat during the coldest days of winter. Your furnace filter should be checked and replaced during your inspection.

You should check your furnace filter monthly for dirt, animal hair or other build-up. Depending upon the size of your home and the environment, your furnace filter may need to be changed every three months or more often if the check identifies any type of build-up on the filter surface.

Dirty filters slow the air flow and make heating less efficient, wasting energy and your money. A dirty filter also can cause the

furnace to retain the heat that should flow through your home, causing the furnace to become hot enough to crack the heat exchanger. A cracked heat exchanger can allow deadly carbon monoxide gas into your home.

### Carbon Monoxide and Smoke Detectors

Carbon monoxide, often called “the silent killer,” is a gas you cannot see, taste or smell. It can be created by many heating sources. Symptoms may include headache, nausea and drowsiness. Many people experiencing these symptoms have attributed them to the “flu” then luckily realizing it was carbon monoxide before it was too late.

Ensure your home is protected with carbon monoxide alarms in all areas where you have a heating device capable of emitting this deadly gas should a malfunction occur.

Install smoke detectors on all levels of your home to alert you to fire and smoke. These serve different purposes and you need both types of protection. There are some dual-purpose detectors.

Select detectors that include the approval seal of a reliable testing laboratory. This is a choice where saving a few dollars could be risky and even deadly. Choose wisely on performance, not price.

### Alternate Heating Devices


Space heaters boost the temperature in the area of your home where you spend time. They allow you to set the thermostat a few degrees cooler and save on energy consumption. If you are

considering purchasing a new space heater, select one that automatically shuts off if the heater tips over. Make sure the heater is plugged directly into the electric socket and placed on a non-flammable surface. Extension cords can overheat and cause a fire hazard. Create a safety zone of three feet around the heater. Keep flammable items away from the safety zone.

### Frozen Pipes

Remove and drain all outdoor hoses. Outdoor faucets and pipes can be wrapped in unheated spaces with insulating material. Find a trusted plumber and electrician and keep their contact information handy. Know where your main water shut-off valve is located and how to shut off the water in advance of a pipe bursting due to the cold weather. Much water damage can be prevented the sooner the water is shut off.

The Aging Partners Home Handyman mission is to support your decision to remain living in your “home of choice” and do this as safely as possible. If you need help with installing or checking carbon monoxide and smoke detectors, checking/changing furnace filters, changing light bulbs that may be out of reach, cleaning your clothes dryer vent to prevent a fire or other tasks to keep you living with a greater sense of well-being. We're here to help.

For more information, contact Aging Partners Home Handyman Program at 402-441-7030. 



# Interpreting the Nebraska Homestead Tax Exemption Program

*By Houston Doan, Aging Partners insurance and financial counselors*

**T**he Nebraska Homestead Tax Exemption program keeps hundreds of older adults in their own homes.

This program is sometimes misunderstood and can be complicated for many. The main requirement to file for Homestead Exemption is an individual or a spouse must be 65 years old. There are special rules for individuals with disabilities and disabled veterans. The rules are very specific, and, if you think you qualify, it's advisable to sit down and discuss with someone who understands the Homestead Tax Exemption program.

Now that you have determined that someone in the household is 65 years old, what is next? Review last year's earnings. All of your earnings count toward your yearly income figure, even IRA distributions, pensions, tax-exempt interest or dividends and your Social Security income that is not taxed, if you do a federal income tax return. Some types of income are exempt, such as VA disability compensation, Social Security's Supplemental Security Income, Worker's Compensation Act payments, child support, ADC payments and aid from Nebraska Health and Human Services.


Sometimes we have people who say, "I just earn too much to get any help." To this we say, "WAIT! You may be surprised." It is not uncommon to find out individuals with a fairly high income will still get a portion of property tax relief. This is because, from their gross income, we are able to subtract Part B premiums, Medicare supplement premiums, prescription drug plan premiums, any co-pays for prescriptions, dental and eyeglasses payments, and long-term care insurance premiums. Last year, it was not uncommon to talk to a couple who had an income of \$45,000 or more, and we could still find them property tax relief.

## When do you File for Homestead Tax Exemption?

Anytime after Jan. 1. Counties usually get the current year's income table from the state of Nebraska in February and mail out forms 458 later in February. You must file every year to get

a Homestead Tax Exemption.

Remember that this is a state of Nebraska program; your county will not have to give up any revenue because you file for Homestead Tax Exemption. That money is replaced by the state.

If you have questions about the Homestead Tax Exemption process, please contact Aging Partners at 402-441-7070. 



*Houston Doan, Aging Partners insurance and financial counselor*



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Key for Services: ▲ = Lancaster only

## MISSION

Aging Partners plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

## Being Well

### NUTRITION

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers. 402-441-7159
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers. 402-441-7159

### HEALTH & FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687

- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7070
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5 and 10 Health, Channel 10. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

## Planning Ahead

### FINANCIAL

- 402-441-7070 or 800-247-0938
- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
  - **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.
  - **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid programs.

### SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit seniorsfoundation.org.

## Staying Involved

### VOLUNTEER!

- **Foster Grandparent Program** ▲ 402-441-7026
- **Long-Term Care Ombudsman** 402-441-7070
- **Senior Companion Program** 402-441-7026

### SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Six centers in Lincoln and five in Lancaster County. ▲ 402-441-7158





## Living at Home

### INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services**
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Home-bound older adults receive companionship.
- **Harvest Project** - Mental health and substance abuse services for older adults.
- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting and broken light fixtures and heavy housework services.  
▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

### LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

## Other Services

### INFORMATION AND REFERRAL

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.  
Call 402-441-7070 or 800-247-0938.

### TRANSPORTATION

- **Ride within Lincoln to the Centers**  
▲ 402-441-7158
- **Lancaster County Public Rural Transit** - Scheduled transportation to and from Lincoln and rural Lancaster areas.  
Handicap accessible.  
▲ 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070

### LIVING WELL MAGAZINE

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call Zoe Olson at 402-441-6156 or email [zolson@lincoln.ne.gov](mailto:zolson@lincoln.ne.gov). To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov).

### LIVE & LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at [lincoln.ne.gov](http://lincoln.ne.gov). View on CITY-TV Channel 5 or online at: [lincoln.ne.gov/city/mayor/cic/5citytv](http://lincoln.ne.gov/city/mayor/cic/5citytv).

- Monday, Wednesday, Friday and Saturday at 11:30 a.m.
- Tuesdays and Thursdays at 11 a.m. and 8 p.m.
- Fridays at 7 p.m.
- Sundays at 9 p.m.

These are the minimum airing times. Show also airs at various other times and on Live & Learn's YouTube

channel at [www.youtube.com/user/aginglivelearn?feature=mhee](http://www.youtube.com/user/aginglivelearn?feature=mhee).

### MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**  
Linda Vandenberg, 402-367-6131
- **Fillmore County Senior Services**  
Brenda Motis, 402-759-4922
- **Polk County Senior Services**  
Jan Noyd, 402-764-8227
- **Saline Eldercare**  
Amy Hansen, 402-821-3330
- **Seward County Aging Services**  
Kathy Ruzicka, 402-761-3593
- **York County Aging Services**  
Lori Byers, 402-362-7626

### CARE MANAGEMENT

**All Counties: 800-247-0938**

**Care Management Coordinator,  
Joyce Kubicek**

- **Butler County**  
Becky Romshek, 402-367-4537
- **Fillmore County**  
Rhonda Stokebrand, 402-759-4922
- **Polk County**  
Amy Theis, 402-747-5731
- **Saline County**  
Trudy Kubicek, 402-826-2463
- **Saunders County**  
Mary Dailey, 800-247-0938
- **Seward County: 800-247-0938**
- **York County, Jerri Merklinger**  
402-362-7626

### SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

- 402-441-7070 or 800-247-0938

**402-441-7070**

In Nebraska **800-247-0938**  
**[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)**

# Aging Partners News and Events

## Start Electronically Receiving Your Copy of *Living Well* Magazine Today!

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Feel free to print out the whole magazine or just the pages that interest you. Call Deb Elrod at 402-441-6146 or email her at [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov) to sign up.



## Health and Wellness

### Aging Partners Health & Fitness Center

Monday through Friday  
8 a.m. - 4 p.m.  
233 S. 10th St., Suite 101  
402-441-7575

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. - 2 p.m., or by appointment. \$10 monthly suggested contribution for 60+. \$15 fee for 60 and under.

### Senior Fitness Test

Thurs., Jan. 10  
9 a.m. - 1 p.m.  
233 S. 10th St., Suite 101  
The Senior Fitness Test is safe,

enjoyable and designed for people over age 60. Participants receive valuable information about their strengths and areas in need of improvement. They are given simple exercises they can do on their own at home or at a fitness center.

\$3 suggested contribution for 60+. \$4 fee for those under 60.

### Senior Health Promotion Center

9:30 a.m. - 1:30 p.m.  
1005 "O" St., lower level  
Services available to people 60 years and older include comprehensive foot care, ear care, blood pressure, glucose, cholesterol and Sahara bone density checks and health education. Call for information.  
\$10 suggested contribution \$10 foot care, \$5 other services.  
Wednesdays, 10:30 a.m. - 1:30 p.m.  
Jan. 16, 23 & 30, Feb. 6, 13, 20 & 27, March 6, 13 & 27  
Thursdays, 9:30 a.m. - 1:30 p.m.  
Jan. 17, 24 & 31, Feb. 7, 21 & 28, March 7, 14 & 28

### Valentine's Day Heart Health Open House

Thurs., Feb. 14, 9:30 a.m. - 1 p.m.  
233 S. 10th St., Suite 101

- Free blood pressure, finger stick cholesterol and glucose screenings provided by University of Nebraska Medical Center College of Nursing. 9:30 a.m. - 1 p.m.
- Ask a Dietitian. Aging Partners dietitians will be on hand to answer questions you may have about nutrition and special diets. 9:30 a.m. - 1 p.m.

- The Heart Truth. The No.1 killer of women regardless of race or ethnicity is heart disease, which is preventable in many cases. This program will give women and men valuable information about how they can reduce risk factors for heart disease. 10 a.m.
  - Tai Chi Demonstration. 11 a.m.
  - Chair Yoga Demonstration. Noon
- Yoga and Stress Management**  
Wednesdays, 10 - 11 a.m.  
(Ongoing)  
233 S. 10th St., Suite 101  
This gentle class is designed for caregivers and others looking for ways to manage stress. \$4 fee for those under 60.

### Living Well - Take Charge of Your Health

This series provides tools that enable participants to live healthier lives. All will receive an easy-to-follow book that outlines day-to-day management techniques and positive approaches to difficult changes and a relaxation CD. Caregivers of persons with chronic illnesses can benefit from this course.

- Mahoney Manor  
4241 N. 61 St.  
Fridays, Jan. 18 - Feb. 22  
2 - 4 p.m.
- Eastmont Towers  
6315 "O" St.  
Tuesdays, March 5 - April 9  
9 - 11 a.m.  
\$22 suggested contribution for the Mahoney Manor and Eastmont Towers six-week workshops. Call 402-441-7575 to register.





- Southeast Community College Continuing Education Center  
301 S. 68th St. Place  
Tuesdays, Feb. 12 - March 19  
1 - 3 p.m.  
Register at [www.southeast.edu/Continuing](http://www.southeast.edu/Continuing), or call  
402-437-2700. \$30 fee for the SCC six-week workshops.

### **Powerful Tools for Caregivers**

This program helps caregivers take care of themselves while caring for others. It will help to reduce caregiver guilt, anger and depression. Class meets for 1 1/2 to 2 hours once a week for six weeks. \$22 suggested contribution for the six-week workshop.

- St. Mark's United Methodist Church  
8500 Pioneers Blvd.  
Wednesdays, Feb. 20 - March 27,  
6:30 - 8 p.m.
- Christ United Methodist Church  
4530 "A" St.  
Mondays, April 8 - May 13,  
6:30 - 8 p.m.

### **Tai Chi Classes**

January 8 - March 29  
\$3 per class suggested contribution  
for 60+  
\$4 fee for those under age 60

### **Aging Partners**

#### **Health & Fitness Center**

233 S. 10th St., Suite 101

- Chair Tai Chi  
Thursdays, 9 - 10 a.m. (Drop in class.) Participants are taught simple movements they can practice sitting or standing near a chair.

### **VA Nebraska - W. Iowa Health Care System - Lincoln Division**

600 S. 70 St., (Auditorium)

- Basic 8 Form Beginners Tai Chi Class  
Tuesdays and Fridays, 9 - 10 a.m.  
This class is a modified program for older adults designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.
- Traditional Yang Style Tai Chi  
Fridays, 10:15 - 11:15 a.m.  
This is traditional Tai Chi that has not been modified for the older adult.

### **Crestwood Christian Church**

8000 "A" St.

- Continuing Basic 8 Form Tai Chi  
Mondays and Wednesdays,  
9 - 10 a.m.  
This program is designed for the participant who has completed the Basis 8 Form class and wants to practice Tai Chi with others.
- Qigong  
Mondays, 10:15 - 11:15 a.m.  
"Qigong" translates simply as energy ("qi") and practice ("gong"). It is similar to Tai Chi, combining posture, meditation and breathing techniques that benefit the body and relax the mind.

### **Auld Center**

3140 Sumner St.

- Basic 8 Form Beginners Tai Chi Class  
Mondays and Thursdays,

1:30 - 2:30 p.m.

Designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

- Beginners Traditional Yang Style Tai Chi  
Wednesdays, 1:30 - 2:30 p.m.  
This is a simplified traditional form of Tai Chi that has not been modified.

### **Fillmore County Senior Services**

will be hosting Living Well - Take Charge of Your Health

- Location TBA  
Thursdays, Feb. 21 - March 28  
1:30 - 3:30 p.m.  
Contact Brenda Motis, Fillmore County Senior Services,  
402-759-4922

## **Educational**

### **Free Income Tax Assistance**

Monday - Thursday, Feb. 4 - April 11  
10 a.m. - 3 p.m.  
Downtown Center, 1005 "O" St.

AARP tax aide volunteers are back to help you with your 2012 income taxes.

Call early, appointments go fast. Why not stay for lunch? Make your reservation when you make your tax appointment. Bring your photo ID, Social Security card, wage and earnings statements (W2s), interest and dividend statements (Form 1099), a copy of last year's return and any other information about your income and expenses. Call 402-441-7158 to make your appointment. See

*Continued on page 38.*

# Aging Partners News and Events

*Continued from page 37.*

www.irs.gov for tax information and to check on your refund status.

## **Brunch & Learn**

“Spring Birds of the Platte Valley”  
Sat., Feb. 9

10 a.m.

Downtown Center, 1005 “O” St. \$4 suggested brunch contribution for those 60+

\$8 fee for those under age 60

\$4 transportation fee

Join us for brunch and listen to UNL Professor Emeritus of Biological Sciences Paul A. Johnsgard as he discusses the early spring migration of cranes, geese, ducks and other large birds that congregate along the Platte complete with photographs and illustrations. Learn the best way to observe them. All ages welcome! Call 402-441-7154 to reserve a place.

## **Bob Ross Oil Painting Classes**

Sat., March 2 - Golden Sunset  
Lake Street Center,  
2400 S. 11th St.

Paint along with certified instructor Donald R. Belik in this one-day painting class. Students will enjoy fun and get surefire results. All material is provided. This class is from 9:30 a.m. to 3:30 p.m. Cost: \$50

## **Celebration of Self for Caregivers**

Co-sponsored by Aging Partners & Cotner Center Condominiums  
Fri., March 15  
8:30 a.m. - 1:30 p.m.  
Cotner Center Condominiums  
1540 N. Cotner Blvd.

\$6 suggested contribution for those 60+

\$12 fee for those under age 60

The most important thing a caregiver of any age can do for their loved one is to safeguard their own health and well-being. Are you providing care or support for an older loved one? Are you concerned about someone who is? This workshop is for you. Featured presenters include Peter Allman, MA, Licensed Mental Health Practitioner; Nan Nathenson, RRT Madonna Rehabilitation Hospital and Certified Holistic Life Coach; Tracie Foreman, Aging Partners Health & Fitness; and Debbie Way, Roper & Sons. All ages welcome. Program includes lunch. Call 402-441-7575 for a complete program description and to register.

## **Entertainment**

### **“Jimmy Mack’s Sweetheart Malt Shop”**

1950s Rock ‘n Roll Revival

Thurs., Feb. 14

Downtown Center, 1005 “O” St.  
11 a.m. to noon

\$4 suggested brunch contribution for those 60+

\$8 fee for those under age 60

\$4 transportation fee

It’s Valentine’s Day and what a way to relive the romance of the 1950s. Join Jimmy Mack as he plays your favorite 1950s tunes. For lunch we’ll all enjoy cheeseburgers, fries and chocolate malts. Don’t miss it! Call 402-441-7154 to reserve a place.

## **African-American History Month Event: “Lincoln in Black & White”**

Thurs., Feb. 28

Cotner Center Condominiums,  
1540 N. Cotner Blvd.

Dinner: 5:30 p.m.

Show: 6:30 p.m.

\$8 dinner and show

\$4 transportation fee

\$5 show only

“Lincoln in Black & White” explores African-American heritage in Nebraska’s capital city, in images and song, especially through the early 20th century photographs of John Johnson. Ed Zimmer, Lincoln Historian and City Planner, illustrates the ongoing research to identify the people and places in Johnson’s photographic portraiture. Accomplished jazz singer, actress, poet and radio announcer Annette Murrell completes the presentation with songs of the times! All ages welcome! For reservations, call 402-441-7158.

## **Early St. Patrick’s Celebrations**

Come celebrate St. Patrick’s Day early at a center of your choice. Join Helen Waring Johnson and “Helen’s Musical Hats” for her St. Patrick’s tribute. Enjoy the party and stay for lunch.

\$4 suggested brunch contribution for those 60+

\$8 fee for those under age 60

\$4 transportation fee

- Downtown Center, 1005 “O” St.  
Thurs., March 14, 10:30 a.m.  
402-441-7154
- Northeast Center, 6310 Platte Ave.



Thurs., March 14, noon  
402-442-7151

• Waverly Center, 14410  
Folkestone

Fri., March 15, 12:30 p.m.  
402-441-0423

### “Voices Raised!”

Featuring “Jumpin’ Kate” Logan,  
Laurie McClain and Caly Howe

Thurs., March 28  
Cotner Center Condominiums,  
1540 N. Cotner Blvd.

Dinner: 5:30 p.m.

Show: 6:30 p.m.


\$8 dinner and show

\$4 transportation fee

\$5 show only

Call 402-441-7158 to register.

Join us for a dinner and concert

featuring three female singer-  
songwriters. You won’t want  
to miss this evening of songs  
written by, for, and about women.  
Our performers include  
“Jumpin’ Kate” Logan, Laurie  
McClain and Caly Howe. 

**402-441-7158**  
aging.lincoln.ne.gov

## Thanks for Giving



*Aging Partners Director June Pederson, far left, accepts a generous donation from the enrollment processing employees of Nelnet Dec. 4. Each year, the employees select organizations to benefit from their charitable contributions. This year, Aging Partners was among those benefitting from Nelnet employees’ generosity. Employees involved in the charitable giving committee are, from left, Rhonda Tubbs, Juliana Nash, Elisabeth Geist, David Basurto, Amanda Bigley (not pictured) and Sue Pitsch (not pictured). The Nelnet employees’ donation has been deposited into the Aging Partners emergency fund and will be used to help seniors experiencing emergency situations. Thank you Nelnet enrollment processing employees!*



## LivingWell ♦♦♦

A special invitation to the 57,200 and counting, 60-plus adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward, and York counties in Nebraska.

### Investing in today’s and tomorrow’s older adults

Your contribution helps Aging Partners publish the area’s premiere resource for those 60 and over. Join us in supporting healthy, full and independent living.

### Suggested Contribution Levels:

\$12 \_\_\_ \$25 \_\_\_ \$50 \_\_\_ Other \_\_\_

### And receive,

- Four print issues of *Living Well*, including online editions.
- At your request, a note of acknowledgment will be sent to those receiving your gift in their honor or memory.

Please mail to:  
Living Well, 1005 O Street  
Lincoln, NE 68508-3628

\_\_\_ Check or money order payable to *Living Well* enclosed.  
*Sorry we don’t accept credit cards.*

Name: \_\_\_\_\_  
(Mr., Mrs., Miss., Ms.) Please print

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Spouse’s name: \_\_\_\_\_

Date of birth: \_\_\_/\_\_\_/\_\_\_ Last 4 digits of SSN: \_\_\_\_\_

Spouse DOB: \_\_\_/\_\_\_/\_\_\_ Last 4 digits of SSN: \_\_\_\_\_

Email address required to receive *Living Well* online:

\_\_\_\_\_

“When you provide a check as payment, you authorize us either to use the information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution.”





# *Merry Christmas & Happy New Year*

The pages of our lives are filled with remarkable stories – memories, traditions and hopes for the future. This holiday season, treasure each special moment and add to the stories of your life. As you look ahead to 2013, we hope you will consider Eastmont.

**Your next chapter can include:**

- Fitness, nutrition, and social opportunities to enhance your lifestyle and longevity
- Peace of mind that comes from knowing you have a plan in place for the future
- Freedom from the upkeep and expense of your current home
- A safe and secure environment
- A staff whose mission is to serve you

**Give yourself and your family a gift that lasts beyond the holidays: a new chapter in life.**



*A limited number of comfortable one-bedroom apartment homes are now available.*



*independent living • assisted living • long term care*

6315 O Street • Lincoln, NE 68510 • 402.489.6591 • [www.EastmontTowers.com](http://www.EastmontTowers.com)

